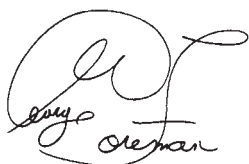


OWNER'S MANUAL  
Model No. GGR50B

# GEORGE FOREMAN<sup>TM</sup>



Indoor/Outdoor  
Electric  
Barbeque Grill



## READ AND SAVE THESE INSTRUCTIONS

**WARNING:** A risk of fire and electrical shock exists in all electrical appliances and may cause personal injury or death. Please follow all safety instructions.

## IMPORTANT SAFEGUARDS

**WARNING:** This appliance produces heat and escaping steam during use. Proper precautions must be taken to prevent risk of burns, fire, or other injury to persons or damage to property.

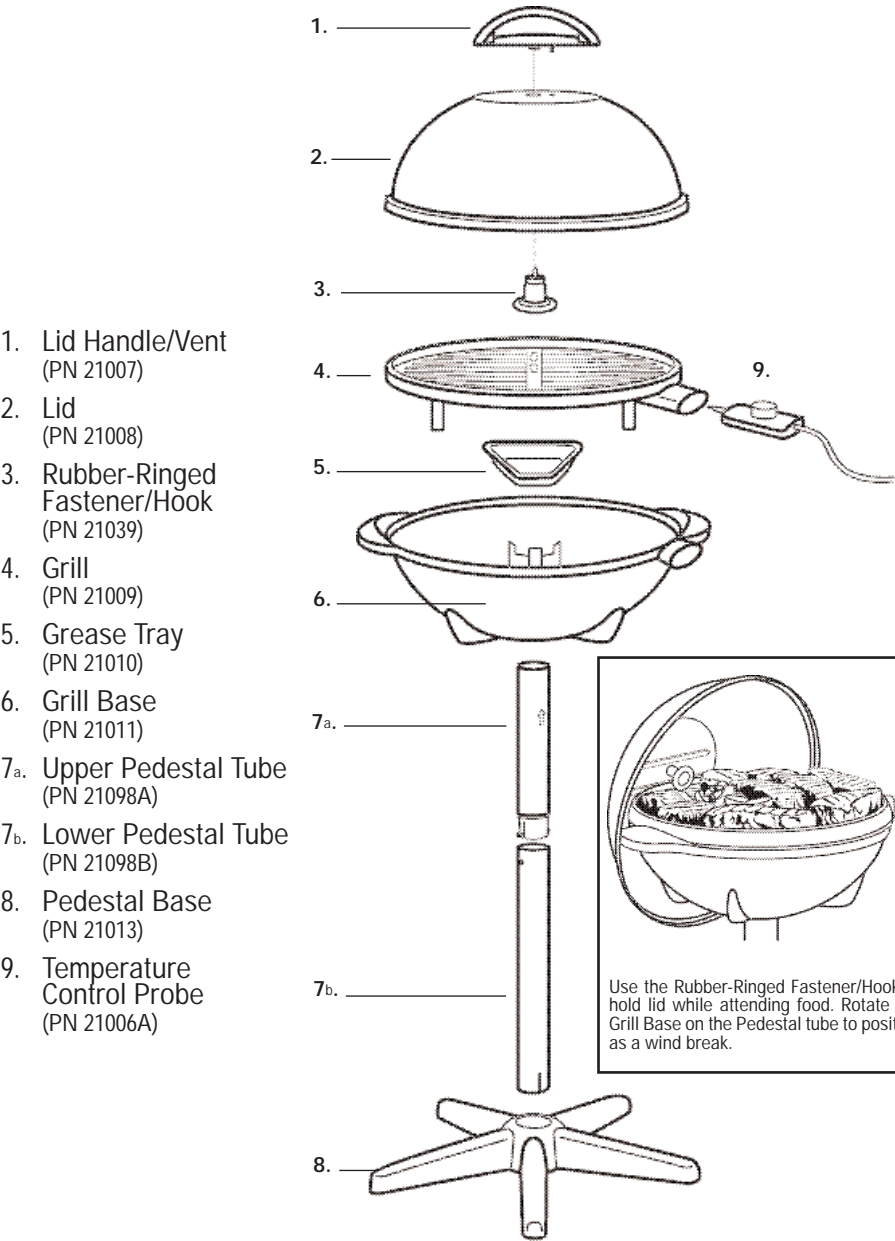
When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock and injury to persons, including the following:

1. A person who has not read and understood all operating and safety instructions is not qualified to operate this appliance.
2. Never operate the Grill without the Base and Grease Tray in place.
3. If this appliance accidentally falls or becomes immersed in water while plugged in, unplug it from the wall outlet immediately. **DO NOT REACH INTO THE WATER.**
4. To reduce the risk of burns or other injuries, do not touch hot surfaces. Use of protective oven mitts or gloves is recommended.
5. When using this appliance, provide adequate air space above and on the sides of the unit for air circulation. Do not operate this appliance if it is near or touching curtains, wall coverings, clothing or any other flammable materials.
6. Do not use or attempt to repair a malfunctioning appliance. Contact Consumer Service for return or repair authorization.
7. Do not use this appliance other than intended use.
8. Do not place any of the following materials in or on the Grill surface: paper, cardboard, plastic and the like.
9. Do not clean with metal scouring pads or harsh abrasives. To do so will damage the non-stick coating.
10. Read all instructions before using appliance.
11. Do not touch hot surfaces. Use handles.
12. Do not immerse cord, plug, or Temperature Control Probe in water or other liquid. See instructions for cleaning.
13. This appliance is not for use by children.
14. Close supervision is necessary when this appliance is used  
near children.
15. Unplug from outlet when not in use. Unplug and allow to cool before putting on or taking off parts, and before cleaning the appliance.

16. Always attach Temperature Control Probe to Grill before plugging cord into wall outlet. To disconnect, turn Temperature Control Probe to OFF, then remove plug from wall outlet.
17. Do not operate any damaged appliance. Do not operate with a damaged cord or plug, or after the appliance malfunctions, or has been dropped or damaged in any manner. Contact Consumer Service for return authorization.
18. The use of accessory attachments not recommended by the manufacturer may cause fire, electric shock or injury.
19. Do not use while standing in a damp area.
20. Do not place on or near a hot gas or electric burner or in a heated oven.
21. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids. Do not remove Grill from Base until Grill is cool.
22. Allow grease or oil to cool before disposal.
23. Do not place base on top of hot surface.
24. Use appliance only as indicated in these instructions.
25. Do not attempt to dislodge food or clean the grill when it is plugged in or when it is hot.
26. Fuel, such as charcoal briquettes, is not to be used with appliance.
27. Use only on properly grounded outlet.
28. Do not leave this appliance unattended while in use.
29. Close supervision is necessary when any appliance is used by or near children.
30. Do not let cord hang over edge of table or counter, or touch hot surfaces.

**SAVE THESE INSTRUCTIONS**  
**HOUSEHOLD USE ONLY**

# Getting To Know Your GGR50B Indoor/Outdoor Electric Barbeque Grill



## Extension Cord Use

We do not recommend the use of an extension cord, however if an extension cord is required special care and caution is necessary. The cord must be a 14 Gauge, Three (3) Conductor type marked with an electrical rating of 120V, 15A, 1875W, and arranged so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over accidentally.

## Electrical Power

If the electric circuit is over loaded the circuit breaker will trip and your appliance will not operate. It should be operated on a 20amp electrical circuit separate from other appliances.

## Assembly Instructions

1. Wash the Base, Grill, Grease Tray, and Lid in warm soapy water. Rinse and dry thoroughly. DO NOT IMMERSE TEMPERATURE CONTROL PROBE, wipe it off with a damp cloth and dry thoroughly.
2. Assemble the Pedestal Tube by joining the two halves. While pressing the two pins in on the end of the upper Pedestal Tube, slide this end into the unslotted end of the lower Pedestal Tube, rotating until the pins firmly engage the holes in the lower Pedestal Tube.
3. Place the Pedestal Base on a flat, level surface.
4. Insert the slotted end of the Pedestal Tube assembly into the hole in the center of the foot and push down firmly.
5. Place the Base on top of the Pedestal Tube assembly, with the hole in the center of the Base engaging with the Tube.
6. Place the Grease Tray securely into position inside the Base. When properly placed, it is held firmly with the pointed end over the center of the Base.
7. Position the Grill securely into the Base, with the probe receptacle fitting through the probe cutout in the top side of the Base.
8. Attach the Lid Handle to the Lid from inside the Lid with the Rubber-Ringed Fastener.
9. Place the Lid over the Grill. Your Barbeque Grill is now ready to use.

# How to Use George Foreman's Indoor/Outdoor Electric Barbeque Grill

1. Turn temperature control probe to OFF position and attach securely into the probe receptacle.
2. Plug into 120V~ 60 Hz outlet. Align desired temperature setting with the indicator light. Place Lid securely on Grill. Allow Barbeque Grill to preheat to desired temperature for approximately 10 minutes. See cooking charts or recipes for more details.
3. Carefully remove Lid and place food onto Grill, cover for most foods. Cook until done, turning at least once halfway through cooking time for most food. Adjust temperature as needed.  
You can control the moisture of foods to some extent by opening or closing the lid vent. Turn the Lid Handle/Vent clockwise to open the vent for drier cooking. Turn the Lid Handle/Vent counter-clockwise to minimize the vent opening to hold in moisture for moister meats. The light on the Temperature Control Probe will cycle on and off as the thermostat maintains the proper temperature. This is normal operation.  
NOTE: Condensation may collect on the inside of the lid when cooking. Use caution when removing lid.
4. When finished cooking, turn temperature control probe to OFF position. The indicator light will go off. Unplug and allow to cool before disassembling and cleaning. See User Maintenance Instructions.  
NOTE: The temperature control probe may be turned to setting 1 to keep foods warm for short periods of time.

## Hints for Grilling

- Use tender cuts of meat for grilling.
- Marinate tougher cuts of meat to tenderize them before grilling.
- To avoid drying out meat and fish, turn only once and do not pierce.
- To turn meat and fish, use a large flat plastic or wooden spatula to support the food.
- Place meat or chicken to be roasted in a shallow baking pan. Do not cover pan with a lid or foil. Using oven mitts, carefully place pan on preheated Grill, taking care not to scratch the non-stick surface. Place Lid on the Barbeque Grill.  
NOTE: Just resting the baking container on top of the non-stick surface will not damage it.
- Use only plastic or wooden utensils on non-stick surface.

**CAUTION:** Because some countertop finishes are more affected by heat than others, make sure countertop surface can withstand temperatures of 150°F to prevent discoloration or other damage to the countertop surface.

**CAUTION:** Grill surfaces are hot during use. Allow Grill, Grease Tray, Lid and Base to cool completely before handling and cleaning.

## Using Indoors

To use your INDOOR/OUTDOOR BARBEQUE GRILL indoors, simply lift the Base unit off of the Pedestal Tube and place on a heat resistant surface.

**NOTE:** Never use INDOOR/OUTDOOR BARBEQUE GRILL without the base unit.

## User Maintenance Instructions

**CAUTION:** Do not immerse temperature control probe in water or any other liquid.

1. Unplug and allow to cool before disassembling and cleaning. Thoroughly clean all parts after each use.
2. Remove Temperature Control Probe (DO NOT IMMERSE). Wipe with a damp cloth and dry thoroughly.
3. Remove Grill and empty Grease Tray.
4. Wash the Base, Grill, Grease Tray, and Lid with hot soapy water and a plastic scouring pad. Rinse and dry thoroughly.

**CAUTION:** Temperature Control Probe receptacle must always be completely dry before use.

# Suggested Cooking Charts

The following times are meant to be used as guidelines only. Cooking times will vary due to the thickness of the meat being cooked. To be sure that the meat is truly done, use a meat thermometer. If the meat does need more time to cook, simply place the meat back on the Grill for 5 minute increments and check periodically so you don't over cook.

## Grill Chart

1. Preheat INDOOR/OUTDOOR BARBEQUE GRILL.
2. Grill food according to recommended time or until desired doneness. Turn halfway through cooking time, or more often if necessary.
3. Boneless cuts of meat will grill more evenly and will not scratch the non-stick surface.
4. Leave the Lid on during cooking to decrease cooking time and keep food moist and juicy.

Food	Temperature	Time
bacon	5	10-12 minutes
bratwurst	5	25-35 minutes
chicken breast	4	20-30 minutes
fish, 1 inch thick	4	20 minutes
frankfurters	5	10-20 minutes
hamburgers (4 oz each)	4	5-15 minutes
pork chops, 1 inch thick	5	20-35 minutes
sausage, fresh	4	20-30 minutes
steak, 3/4 inch thick	5	7-14 minutes
steak, 1/2 inch thick	5	5-12 minutes
shish-ka-bobs	5	20-25 minutes
shrimp, large	5	10-15 minutes



# Roasting/Baking Chart

- 1. Preheat INDOOR/OUTDOOR BARBEQUE GRILL.
- 2. Place meat or poultry in a baking container, cover baking container with aluminum foil or glass lid. Using oven mitts, carefully place baking container on Grill, cover Grill with Lid to keep in moisture.
- 3. A cooking bag may be used inside a baking container. Follow manufacturers instructions. Food wrapped in aluminum foil may be placed directly on Grill.

Food	Amount	Temperature	Time	Internal Temperature
beef roast	2-4 lbs	5	1-1/2 to 2-1/2 hrs	medium to well 160°-170°F/71°-77°C
chicken, whole fryer	2-1/2 to 4 lbs	5	1-1/4 to 2 hrs	well 180°F/82°C
fresh ham	5-7 lbs	5	1-1/2 to 2-1/2 hrs	well 180°F/82°C
pork roast	2-4 lbs	5	1-1/2 to 3 hrs	medium to well 160°-170°F/71°-77°C
baked potato, wrap in foil	1-10	5	1-1/4 to 1-1/2 hrs	until done

PLEASE NOTE: The USDA recommends that meats such as beef, pork, lamb, etc. should be cooked to an internal temperature of 160°F and poultry products should be cooked to an internal temperature of 170°F-180°F to be sure any harmful bacteria, Listeria and Ecoli, has been killed. When reheating meat/poultry products, they should also be cooked to an internal temperature of 165°F.

# Recipes

## The Champ's Sausage Without Guilt

Try this sizzling sausage patty that not only tastes good, but is also good for you. Choose ground turkey breast, which is lower in fat than ground turkey containing dark meat and skin. Turkey, especially the light meat is a good source of niacin, which is an important B vitamin needed to maintain a healthy nervous system.

1 slightly beaten egg white  
1/3 cup finely chopped onion  
1/4 cup finely snipped dried apples or  
1/2 cup finely chopped fresh Red Delicious apple  
1/4 cup seasoned bread crumbs  
2 tablespoons chopped fresh parsley  
1/2 teaspoon sea salt  
1/2 teaspoon ground sage  
1/4 teaspoon ground nutmeg  
1/4 teaspoon black pepper  
1/8 teaspoon cayenne pepper  
1/2 pound lean ground turkey breast

- In a medium bowl, combine all ingredients except turkey. Add the ground turkey and mix well.
- Shape the mixture into eight or nine 2-inch wide patties.
- Preheat the INDOOR/OUTDOOR BARBEQUE GRILL on Setting 4 for 10 minutes.
- Place sausage on INDOOR/OUTDOOR BARBEQUE GRILL. Cover and cook on Setting 4 for 16-17 minutes. Turn and cook another 16-17 minutes or until the meat is no longer pink and the juices run clear.
- Serves 4

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## George's Sausage Texas Style

A spicy sausage with true Southwestern zip! These breakfast sausages are great with a sauteed vegetable or fresh salsa and egg scramble. Buy 90% lean ground beef for the least-fat sausage. Ninety percent lean beef has 9 grams of fat with 4 of those grams being saturated fat; whereas 73% lean beef has 18 grams of fat with 7 of the grams being saturated.

1 slightly beaten egg white  
1/3 cup finely chopped onion  
1/4 cup seasoned bread crumbs  
1/4 cup diced green chili peppers  
1 large clove garlic, finely minced  
2 tablespoons snipped fresh cilantro  
1 tablespoon apple cider vinegar  
1-1/2 teaspoon chili powder  
1/4 teaspoon sea salt  
1/8 teaspoon cayenne pepper  
1/2 pound lean ground beef

- In a medium bowl, combine all ingredients except ground beef. Add the ground beef and mix well.
- Shape the mixture into eight 3-inch wide patties.
- Preheat the INDOOR/OUTDOOR BARBEQUE GRILL on Setting 4 for 10 minutes.
- Place the patties on the INDOOR/OUTDOOR BARBEQUE GRILL. Cover and cook on Setting 4 for 5-6 minutes.
- Cover and cook for 5-6 minutes. Turn and cook for another 5-6 minutes.
- Serves 4

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## George Foreman's Power Burger

A flavorful hamburger that we think tastes even better than its all-meat cousin! It pays to eat meals that minimize meat. To reduce saturated fat in a typical burger, you can cut back on the amount of meat and make up for it with plant-based ingredients. Bread crumbs and chopped vegetables have been added in this recipe. You could also try cooked rice, other grains or cereal. In addition, choose whole wheat buns; they typically contain one less fat gram than regular or even reduced-calorie buns.

If you settle for nothing less than a cheeseburger, Swiss cheese is 1 gram lower in fat than Cheddar, American or Monterey Jack with 8 grams of fat versus 9 in each ounce of cheese. However, reduced fat cheese like Cheddar or Swiss contain half the fat with 4 grams per ounce. Mustard contains 1 gram of fat per tablespoon versus a whopping 11 grams of fat in a tablespoon of mayonnaise.

Top your burger in a healthful style with dark, leafy green lettuce, shredded cabbage, fresh cilantro, basil or spinach.

1/4 cup chopped vegetables such as yellow onions, green onions, zucchini, parsley (can be sauteed)

1/4 cup seasoned bread crumbs

3/4 lb. lean ground beef

- In a medium-size bowl, combine the vegetables and bread crumbs. Add the ground beef and mix well.
- Shape the mixture into four 4-inch patties.
- Preheat the INDOOR/OUTDOOR BARBEQUE GRILL on setting 4 for 10 minutes.
- Place the patties on the INDOOR/OUTDOOR BARBEQUE GRILL.
- Cover and cook 12-13 minutes. Turn and cook another 12-13 minutes or until the meat is no longer pink and the juices run clear.
- Serves 4

This recipe is from "The Healthy Gourmet" (Clarkson Potter) by Cherie Calbom.

## Grilled Vegetables

6 slices eggplant, (or 4 baby eggplants)  
2 small onions  
2 small tomatoes  
2 small zucchini  
4-6 mushrooms  
4 large cloves garlic, peeled and sliced 1/4-inch thick  
1/3 cup olive oil  
2 tablespoons Italian seasoning

- Slice all vegetables 1/2-inch thick.
- Brush vegetables and garlic lightly with olive oil.
- Sprinkle Italian seasoning on both sides of vegetables and garlic.
- Preheat the INDOOR/OUTDOOR BARBEQUE GRILL on Setting 4 for 10 minutes.
- Place vegetables and garlic on grill. Cover and cook on Setting 4 for 7-8 minutes. Turn and cook another 10-15 minutes or until desired doneness is achieved.
- Serves 3-4

Serve as an accompaniment to meat and pasta, or stuff them into a piece of pita or French bread for a grilled vegetable sandwich.

## Mustard Lemon Chicken Breasts

2 tablespoons mustard  
2 tablespoons balsamic vinegar  
3 tablespoons lemon juice  
2 cloves garlic, minced  
1 teaspoon paprika  
4 6-ounce chicken breasts, halved, boneless and skinless

- In a medium bowl, combine all ingredients except chicken.
- Add chicken breast and refrigerate at least one half hour.
- Preheat the INDOOR/OUTDOOR BARBEQUE GRILL on Setting 4 for 10 minutes.
- Place chicken on INDOOR/OUTDOOR BARBEQUE GRILL. Cover and cook on Setting 4 for 7-8 minutes. Turn and cook another 7-8 minutes.
- Serves 4

## Rosemary Lamb Chops

8 loin lamb chops

2 teaspoons chopped fresh rosemary

ground black pepper to taste

- Sprinkle chops with rosemary and pepper.
- Preheat INDOOR/OUTDOOR BARBEQUE GRILL on Setting 4 for 10 minutes.
- Place meat on INDOOR/OUTDOOR BARBEQUE GRILL. Cover and cook on Setting 4 for 5-6 minutes for medium or 6-7 minutes for well done. Turn and cook another 5-6 for medium or 6-7 minutes for well done.
- Serves 4

## ONE YEAR LIMITED WARRANTY

This Salton, Inc product warranty extends to the original consumer purchaser of the product.

**Warranty Duration:** This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date.

**Warranty Coverage:** This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Warranty Disclaimers:** This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure under any theory of tort, contract, or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton, Inc. option) when the product is returned to the Salton facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

## Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 between the hours of 8:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to Model #GGR50 when you call.

**In-Warranty Service:** For an appliance covered under the warranty period, no charge is made for service or postage. Call Consumer Service at the above number for return authorization.

**Out-of-Warranty-Service:** A flat rate charge by model is made for Out-of-Warranty-Service. Please include \$15.00 (U.S.) for return shipping and handling.

Salton, Inc cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full name and return address and daytime phone number; a note describing your problem; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

**ATTN: Repair Department, Salton, Inc.  
708 South Missouri St. Macon, MO 63552**

For more information on Salton, Inc. products,  
visit our website: [www.salton-maxim.com](http://www.salton-maxim.com), or you can email us at:  
[salton@saltonusa.com](mailto:salton@saltonusa.com)

**KEEP DATED SALES RECEIPT  
FOR WARRANTY SERVICE.**

Keep this booklet. Record the following for reference:

Date purchased \_\_\_\_\_

Model number \_\_\_\_\_

Date code (stamped on bottom of unit) \_\_\_\_\_